

NOSTALGIA

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Album: Wings for Life

Rumba: Phase IV+2

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Sequence: INTRO, A, B, C, A, B, C, A MOD, ENDING Speed 42 rpm

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Track 10- Nostalgia by Francis Goya

\$1.29 Download Amazon Music

Footwork: Opposite unless noted

INTRO

1-4 WAIT; NEW YORKER; AIDA; HIP RK 3 TO FC;

--- 1-2 {Wait} Fc ptr & wall lead hnd joined lead ft free pt sd; {New
QQS Yorker} Trn to fc RLOD rk fwd L in LOP, recov R to fc ptr, sd
L,-;

QQS 3-4 {Aida} Trn to fc LOD lead hnds still joined step thru R, fwd L
QQS trning RF, bk R in slgt bk to bk "V" pos trail hnds sweep up,-;
{Hip Rk 3 to Fc} Rk fwd L, recov R, fwd L to swvl LF to fc ptr
& wall,-;

5-8 SPOT TRN WITH PT; SPOT TRN; BASIC TO CORTE; HIP RK 3;

QQ- 5-6 {Spot Trn with Pt} Trn to fc LOD thru R trn LF to fc RLOD,
QQS fwd L cont LF trn to fc wall, pt R sd,-; {Spot Trn} Trn to fc LOD
thru R trn LF to fc RLOD, fwd L cont LF trn to fc wall, sd R,-;

QQS 7-8 {Basic to Corte} Rk fwd L blend to CP, recov R, corte bk L with
QQS deep knee bend body trn to L,-; {Hip Rk 3} Rk fwd R, recov L,
fwd R to CP wall,-;

PART A

1-4 BASIC; FAN; STOP & GO HOCKEY STICK;;

QQS 1-2 {Basic} Rk fwd L, recov R, sd L,-; {Fan} Rk bk R, with slgt LF
QQS body trn recov L, sd R fc DW lead hnds joined (W fwd L, trn LF
bk R, bk L leave R leg pting fwd in fan pos),-;

QQS 3-4 {Stop & Go Hockey Stick} Rk fwd L, recov R, small sd L
QQS leading W to LF underarm trn (W cl R to L, fwd L, fwd R trn LF
under joined lead hnds fc LOD),-; Lunge thru R with knee bend
look twd W, recov L, sd R leading W under joined lead hnds bk
to fan pos (W bk L, recov R, fwd L trning RF under joined lead
hnds leave R leg pting fwd in fan pos),-;

5-8 HOCKEY STICK;; ALEMANA TO SHAKE HANDS;;

QQS 5-6 {Hockey Stick} Rk fwd L, recov R, cl L to R bring joined lead
QQS hnds up and btwn faces twd RLOD (W rk bk R, fwd L, fwd R),-;
Trn slgt RF small chk bk R under body, recov L to DRW leading
W LF under joined lead hnds, fwd R lead hnds joined fc DRW
(W fwd L begin slgt LF trn, fwd R to DRW trn under lead hnds
LF, bk L),-;

QQS 7-8 {Alemana to Shake Hnds} Rk fwd L, recov R, lifting lead hnds to palm to palm sd & bk L (W rk bk R, recov L, fwd R twd his L arm pit),-; Rk bk R leading W RF under join lead hnds, recov L, sd R join R hnds to fc wall (W fwd L trn RF under join lead hnds brushing R to L, fwd R DW cont RF trn brushing L to R to fc ptr, sd L to handshake),-;

PART B

1-4 SHADOW BRK TWICE;; SHADOW BRK WITH PT; SYNCO HIP RKS;

QQS 1-2 {Shadow Brk Twice} Trn LF to fc LOD brk bk L, recov fwd R, fwd L trning to fc ptr,-; trn RF to fc RLOD brk bk R, recov fwd L, fwd R trning to fc ptr,-;

QQ- 3-4 {Shadow Brk with Pt} Trn LF to fc LOD brk bk L, recov fwd R, trning to fc ptr pt L to sd,-; {Synco Hip Rks} Still in handshake rk sd L/ recov R, sd L, recov R,-;

5-8 BASIC CROSS BODY;; TRADE PLACES TWICE;;

QQS 5-6 {Basic Cross Body} Still in handshake rk fwd L, recov R trning body LF, sd L fc ing LOD (W rk bk R, recov L, fwd R to start to pass M twd COH),-; Rk bk R cont LF trn, recov L to fc COH & ptr, sd R fc COH (W fwd L, trning LF bk R to fc ptr & wall, sd L) still in handshake,-;

QQS 7-8 {Trade Places Twice} Rk apt L, recov R to trn RF to fc LOD W in front cont RF trn, sd & bk L to join L hnds fc ptr & wall,-; Rk apt R, recov L trning LF to fc LOD W in front cont LF trn, sd & bk R to join R hnds fc ptr & COH,-;

PART C

1-4 BRK APT TO FLIRT; WHEEL ½ WITH M'S HEAD LOOP TO "L" POS; CUDDLES TWICE;;

QQS 1-2 {Brk Apt to Flirt} Rk apt L, recov R, cl L to R trning W to skaters with L hnds joined in front of M (W rk apt R, recov L, fwd R trning LF to skaters); {Wheel ½ with M's head Loop to "L" Pos} Releasing R hnds wheel fwd R, fwd L bring joined L hnds over M's head, cl R put joined L hnds behind M's head W in an "L" ½ OP fc wall shaping slightly twd W release L hnds L arm out to sd (W bk wheel L, R, cl L to fc LOD letting go of L hnds shaping twd M),-;

QQS 3-4 {Cuddles Twice} Rk sd L allowing W to rk bk, recov R, cl L to R momentary cuddle pos open the W to "L" ½ LOP still fc wall (W rk bk R, recov L, fwd R tning LF to fc M in cuddle pos cont LF trn to fc RLOD into M's L arm),-; Rk sd R allowing W to rk bk, recov L, cl R to L to momentary cuddle pos open the W to "L" ½ OP still fc wall (W rk bk L, recov R, fwd L trning RF to fc M in cuddle pos cont RF trn to fc LOD into M's R arm),-;

5-8 OPENING OUT TO FC WITH M'S HIP RKS; FENCE LINE WITH ARMS; PROG WALK 3 TO FC; CUCARACHA;

- QQS 5-6 {Opening Out to Fc with M's Hip Rks} Start the cuddle rk sd L allowing W to rk bk, recov R to fc, sd L fc ptr & wall lead hnds joined (W rk bk R, recov L tning LF to fc M, sd R to fc ptr lead hnds joined),-; {Fence Line with Arms} Lunge thru R sweep trail arms up and over twd LOD, recov L, sd R to fc.-;
- QQS 7-8 {Prog Walk 3 to Fc} Trn to LOP fc RLOD walk fwd L, R, L to fc ptr & wall,-; {Cucaracha} Rk sd R, recov L, cl R to L ready to blend to CP to repeat Part A,-;

REPEAT PART A

REPEAT PART B

REPEAT PART C

REPEAT MEAS 1-6 PART A

7-8 ALEMANA TO ½ OP;;

- QQS 7-8 {Alemana to ½ OP} Rk fwd L, recov R, lifting lead hnds to palm to palm sd & bk L (W rk bk R, recov L, fwd R twd his L arm pit),-; Rk bk R leading W RF under joined lead hnds, recov L, sd R tning LF to ½ OP (W fwd L trn RF under joined lead hnds brushing R to L, fwd R DW cont RF trn brushing L to R to fc ptr, sd L tning RF to ½ OP),-;

ENDING

1-6 BRK BK RECOV FC; CRAB WALK 3; PROMENADE SWAY & CHG OF SWAY; RECOV TO SCAR & CHK FWD; DEVELOPE & RECOVER; SD TO OVERSWAY;

- QQS 1-6 {Brk Bk Recov Fc} In ½ OP brk bk L, recov R to fc, sd L in CP fc wall,-; {Crab Walk 3} XRIF of L, sd L, XRIF of L,-; {Prom Sway & Chg Sway} Fwd L in SCP to prom sway with R sd stretch,-, chg to oversway with L sd stretch,-; {Recov SCAR & Chk Fwd} Recov R to momentary CP fc wall,-, trn to SCAR DRW chk fwd,-; {Develope & Recov} M hold (W lift L leg with knee bend then straighten knee in develope),-, recover bk R start to trn LF,-; {Sd to Oversway} Fcing wall lunge sd L with L sd stretch into oversway;